

Good Food Good Life

Delicious Ways to Share a Season of Celebrations

Serve up a memorable heliday session with planty of wholesome dead som Nettils, from early dinners you can sell good about to fresh-balled goodles and gifts from your very own labber, you'll find so many ways to share the proditions with your family all session love.

very own listchen, you'll find so many ways to share the goodness with your family all season long. For delicate propers and tips, visit Meals.com and Verydigs@balares.com.



















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Spend less time in the kitchen and incre lime celebrating!



SAVE \$150

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and to all, a good night

wake up refreshed with these home remedies FROM THANKSQUING KOKSPT or the New Yorks committees make







Q&A Wendy Ward

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Sauce It Up



TAKE YOUR TASTE BUDS ON A JOURNEY



SHARWOOD'S CHICKEN TIKKA

- Semply heat a little oil in a pan
 3 Add 2-3 chapped chicken breasts
 and souté until poldin.
 - Sair in this jar of sauce, cover and sixteen for 15 minutes or until the chicken is cooked.

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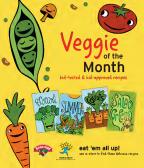






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